



## Body Contouring Bootcamp Treatment Schedule

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|---------|--|
| Week 1  | Cryolipolysis + Cavitation Treatment 1 |
| Week 2  | No Treatment                           |
| Week 3  | Cavitation + RF Treatment 1 *          |
| Week 4  | Cavitation + RF Treatment 2 *          |
| Week 5  | No Treatment                           |
| Week 6  | Cryolipolysis + Cavitation Treatment 2 |
| Week 7  | No Treatment                           |
| Week 8  | Cavitation + RF Treatment 3 *          |
| Week 9  | Cavitation + RF Treatment 4 *          |
| Week 10 | No Treatment                           |
| Week 11 | Cryolipolysis + Cavitation Treatment 3 |
| Week 12 | No Treatment                           |
| Week 13 | Cavitation + RF Treatment 5 *          |
| Week 14 | Cavitation + RF Treatment 6 *          |

\* Followed by 30min sauna session.